

Intervention: LifeSkills Training Program

Finding: Mixed evidence

Potential partners to undertake the intervention:

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|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

LifeSkills Training is a program that seeks to influence major social and psychological factors that promote the initiation and early use of substances. LifeSkills Training has distinct elementary (8 to 11 years old) and middle school (11 to 14 years old) curricula that are delivered in a series of classroom sessions over three years.

Findings from the systematic reviews:

Systematic reviews provide mixed evidence on the effectiveness of this program. The National Institute on Drug Abuse (NIDA), the Office of Educational Research and Information (OERI), and the Substance Abuse and Mental Health Services Administration (SAMHSA) cite LifeSkills Training as an exemplary program. The review conducted by White and Pitts also recommends the program. However, studies by Wiehe, et al., and Foxcroft, et al., find insufficient evidence to either recommend or not recommend LifeSkills Training. See the link below for more information.

Additional information:

LifeSkills Training - www.lifeskillstraining.com

References:

Foxcroft DR, Ireland D, Lister-Sharp DJ, Lowe G, Breen R. Longer-term primary prevention for alcohol misuse in young people: a systematic review. *Addiction* 2003 Apr; 98(4):397-411.

White D, Pitts M. Educating young people about drugs: a systematic review. *Addiction* 1998 Oct; 93(10):1475-1487.

Wiehe SE, Garrison MM, Christakis DA, Ebel BE, Rivara FP. A systematic review of school-based smoking prevention trials with long-term follow-up. *J. Adolesc. Health* 2005 Mar; 36(3):162-169.

NIDA - [Preventing Drug Use Among Children and Adolescents: A Research-Based Guide](http://www.nida.nih.gov/Prevention/Prevopen.html) - www.nida.nih.gov/Prevention/Prevopen.html

OERI - [Exemplary and Promising: Safe, Disciplined, and Drug-Free Schools Programs](http://www.ed.gov/admins/lead/safety/exemplary01) - www.ed.gov/admins/lead/safety/exemplary01

SAMHSA - [National Registry of Effective Programs](http://www.modelprograms.samhsa.gov) - www.modelprograms.samhsa.gov